



# Shanti Darshanam

Complete yoga studies

## January 2011 courses



**mantra**  
**meditation**  
**yoga asana**  
personal reflection

ayurveda

**pranayama**  
chanting  
**inner awareness**

**mental focus**

yoga philosophy

divinity

**a living path of yoga**

# 2011

3 January - 4 February

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## Course 1

### Hatha Yoga Teacher Training, Level 1 *incorporating* Sadhana - the Living Path of Yoga

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This course is for those wishing to train as hatha yoga teachers, who have some knowledge of hatha yoga or are already teaching and are interested in deeper study. Participants will complete the 200 hours required for certification as a Registered Yoga Teacher (RYT) through Yoga Alliance. Course 1 is also for those seeking to share the gifts of this practice outside yoga studios and gyms, for the benefit of people in every life situation.

Morning sessions will focus on formal study and discussion of the philosophies foundational to yoga, the various schools of yogic practice, methods of self-inquiry, and ways to maintain a living practice within a contemporary lifestyle. The afternoon sessions will explore the theory and practice of asanas (postures) and pranayama (breathing), and assist individuals in building a personal practice. The final week will cover the design and delivery of hatha yoga instruction, as well as assessments for certification.

ancient wisdom  
living path

accreditation

transformation

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### Course 2

self enquiry

#### Sadhana - the Living Path of Yoga

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This course is for anyone drawn to the experience of yoga in its broad sense. It covers the same curriculum as Course 1 for the first three weeks; in the fourth week, participants convene separately to engage in a rich program entitled Practical Wisdom. Taught by Janine Sagert and Larry Holmes, this unit will focus on skills for keeping the understanding of yoga alive and active at home, in the workplace, and in the community. Participants will engage in experiential activities, simulations, group discussions, and self-examination. The aim of this course is to cultivate our ability to *maintain a still mind in an active world*.

origins of yoga

philosophical tradition

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## Course 3

social awareness

creative expression

excursions into rural areas

# yoga

### Yoga for Young Adults Purposeful Blissful Living

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Course 3 is for people aged 11 through 18 whose parents may be participating in other courses or staying in the ashram at Magod. It is especially tailored to meet the needs of young and evolving minds and bodies. In addition to practicing asanas and pranayama, participants will study ashtanga yoga (the eight limbs of yoga). Emphasis will be on the relevance of this philosophical tradition in their lives today. The aim of this course is to encourage young adults to develop both self-awareness and social awareness, using the skills and understanding gained through yoga practice. Equipping them with these time-honored tools will help them be at their best and assist their transition into adulthood.

## Hatha Yoga Teacher Training Level 1

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- 1 *Origins of the yoga tradition*
- 2 *Foundational philosophies  
(Vedas)*
- 3 *Sanskrit, language of yoga*
- 4 *Perennial philosophies  
(Shad Dharshanas)*
- 5 *Major and minor branches of yoga*
- 6 *Shaivism and Tantra*
- 7 *Kundalini*
- 8 *From mind to meditation and beyond*
- 9 *Living yoga  
(building vitality, introduction to  
Ayurvedic health)*
- 10 *Prana and pranayama*
- 11 *Yoga as therapy*
- 12 *Anatomy and physiology*
- 13 *Asana  
(instructions, contraindications)*
- 14 *Class design and delivery*
- 15 *Ethics of teaching*
- 16 *Assessment and review*

## Sadhana the Living Path of Yoga

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- 1 *Origins of the yoga tradition*
- 2 *Foundational philosophies  
(Vedas)*
- 3 *Sanskrit, language of yoga*
- 4 *Perennial philosophies  
(Shad Dharshanas)*
- 5 *Major and minor branches of yoga*
- 6 *Shaivism and Tantra*
- 7 *Kundalini*
- 8 *From mind to meditation and beyond*
- 9 *Living yoga  
(building vitality, introduction to  
Ayurvedic health)*
- 10 *Prana and pranayama*
- 11 *Yoga as therapy*
- 12 *Conscious listening*
- 13 *Maintaining an open heart*
- 14 *Staying connected  
(with yourself and others)*
- 15 *Authentic communication*
- 16 *Integrating yoga in a busy life*

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## Curriculum

### Yoga for Young Adults

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- 1 *The eight limbs of yoga*
- 2 *Sanskrit, language of yoga*
- 3 *Hatha yoga  
(asanas and pranayama)*
- 4 *Ayurveda*
- 5 *Creative expression  
(art and music)*
- 6 *Social awareness  
(global issues, environment)*
- 7 *Excursions  
(to experience Indian culture  
and visit the ashram's village  
assistance programs)*

## Course instructors

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### ***Keval Pezet***

With his BA in Indian Arts, Keval studied yoga intensively since meeting Swami Muktananda in 1974. Following his Guru's instruction, Keval travelled widely, teaching yoga philosophy, meditation, and the application of yoga strategies for daily living. In 2005, Keval founded Shantarasa School of Yoga in South Australia with his wife, Sadhana.

### ***Sadhana Pezet***

From a successful career in visual arts and dance performance, Sadhana began training in yoga in 1977 under Swami Muktananda's instruction in Ganeshpuri, India. She has taught yoga philosophy and practice for more than 30 years and is accredited in several schools of yoga, including the hatha, Iyengar, and Satyananda systems. Sadhana is qualified in transpersonal psychology and has practiced both as a therapist and trainer of therapists. She is a cofounder of the Shantarasa School of Yoga.

### ***Janine Sagert Ph.D.***

Janine's love of India began in 1969 when she studied at Deccan College in Pune, India. While studying at the University of California at Berkeley in 1974, she met Swami Muktananda, which changed the direction of her life and work. Since then her career has been dedicated to translating the practical principles of yoga to corporate executives in high-stress environments via seminars and coaching.

### ***Larry Holmes***

Larry is an internationally respected corporate consultant, coach, and mentor to leaders in business, government, education, sports, and the arts. He travelled the world with Swami Muktananda, serving as his personal secretary, and as director of Intensives and public programs. He resides in Melbourne with his wife and two teenage children, while directing his organization, Just Add Water.

### ***Dr. Rakhee Thakar, M.D.***

Dr. Rakhee graduated with distinction from Lady Hardinge Medical College, New Delhi and completed an MD in pediatrics. After working as a pediatrician in leading hospitals in Delhi, she joined Shanti Arogya Mandir, the charitable medical service funded by Shanti Mandir, which provides free aid to poor villagers. She has a special interest in inspiring people to adopt the principles of Ayurveda and yoga.



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## The ashram

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Authentic ashrams are among the spiritual jewels of India. They provide a perfect environment for spiritual endeavor, self-inquiry, and the cultivation of honor and respect. The ashrams of Shanti Mandir are open to everyone, whatever age, gender, race, or religion.

Shanti Mandir was founded in 1987 by Swami Nityananda, a successor to the lineage of spiritual masters that includes Bhagavan Nityananda and Swami Muktananda, as a vehicle for continuing his Guru's work. He established the Magod ashram in 1999. Set in a mango orchard near Valsad, on the west coast of Gujarat, the ashram has been designed for seekers from around the world, while preserving classic ashram traditions. The facilities are simple but comfortable, clean and tranquil, and free of everyday distractions. (For more about Swami Nityananda and Shanti Mandir see <http://www.shantimandir.com>)

Course activities will take place around the regular ashram routine: chanting and meditation at sunrise (before breakfast), near noon (before lunch), and at sunset (after dinner). Time will be allotted for personal tasks, as well as free time to rest, relax, explore, and enjoy the unique atmosphere of an authentic Indian ashram.



## Course 1

Hatha Yoga Teacher Training,  
Level 1 *incorporating*  
Sadhana - The Living Path of Yoga

**\$1995**



## Course 2

Sadhana - The Living Path of Yoga

**\$1495**



## Course 3

Yoga for Young Adults  
Purposeful Blissful Living

**\$750**



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## 2011 Residential Courses

All course packages and prices include the following:

- Arrival date of January 2
- Courses commence January 3
- Courses end February 4
- Departure date of February 5
- Additional cost for further days spent living in the ashram is about \$25 per day
- Land transport to and from Mumbai on arrival and departure dates
- Accommodation in a lovely bedroom (with bathroom), shared with 1 or 2 others
- Young adults will be accommodated with their parent or guardian
- Delicious vegetarian meals and refreshments (options for spiced or unspiced)
- Participation in all other ashram activities
- Cost for additional days of ashram accommodations is about \$25 per day